



2015

# SEAS: Scientific Exercise Approach to Scoliosis

ISICO - ISTITUTO SCIENTIFICO ITALIANO COLONNA VERTEBRALE

27 Feb-1 Mar P5-03 Graduate House, University Drive, University of Hong Kong

by  
Professor Stefano Negrini  
Mr. Michele Romano



## COURSE PROGRAMME

### Date and Time:

27th Feb to 1st Mar, 2015

Morning Session	9am to 1 pm
Afternoon Session	2pm to 6pm

### Venue:

P5-03 Graduate House, University Drive, University of Hong Kong

### Charge:

HKD4,000 for early bird registration before the 31st Dec 2014

HKD4,800 on or after 1st Jan, 2015

(Number of participants limited to 25 persons)

### Enquires:

Please contact cpdntalk@hkccfl.org.hk or +852 3998 3222



## SEAS: Scientific Exercise Approach to Scoliosis 2015

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### REGISTRATION FORM

Name: \_\_\_\_\_

Profession: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

# SEAS: Scientific Exercise Approach to Scoliosis

## COURSE DESCRIPTION

- Understand background of SEAS (Scientific Exercise Approach to Scoliosis) approach and the underlying scientific principles.
- Teach joint protection and proper ADL principles for patients with scoliosis.
- Learn the principles of the team approach for spinal deformities (physician, physio, trainer, orthotist, patient & family).
- How to perform the clinical and postural evaluation of the scoliosis and hyperkyphosis patient.
- Understand what is three dimensional self correction, and the step by step approach to teach individualized self correction to the patient.
- Learn how self correction is performed for different type of deformities: thoracic, thoracolumbar, lumbar, double curve, hyperkyphosis; correlation with the radiographic and postural evaluation, as well as on observed asymmetries.
- Learn how to manage the cognitive-behavioral approach to patient and family
- Understand the role of exercises within the SEAS approach, and the criteria used to choose them for an individualized treatment plan.
- How to understand if the difficulty of exercises is appropriate to the patient.
- Goals of exercises in the different treatment phases: no brace, preparation to the brace, in brace, brace weaning.

## COURSE CONTENT

Date	Hours	Teachers	Topics
Friday 27th Feb 2015	9 – 13	Michele Romano	Active Self Correction – Theory and hands-on practice
	14 – 16	Michele Romano	Active Self Correction – Theory and hands-on practice
	16 – 18	Stefano Negrini (Skype Conference)	Scoliosis general knowledge – General knowledge on braces for PT Diagnostic-therapeutic pathways – Basis of SEAS
Sat 28th Feb 2015	9 – 13	Michele Romano	Team approach – SEAS: practical application
	14 – 18	Michele Romano	Scoliosis manager: an internet tool to build an exercises plan - Theory and hands-on practice
Sunday 1st Mar 2015	9 – 13	Michele Romano	Exercise for treatment in mild scoliosis: choosing and applying – Theory and hands-on practice
	14 – 18	Michele Romano	Exercise for treatment in mild scoliosis: choosing and applying – Theory and hands-on practice

## SPEAKERS

Professor Stefano Negrini  
Mr. Michele Romano

